

Secret Abs Manifesto

4 Week Dumbbell/Bodyweight Training Routine

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits.

Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you become lightheaded or experience any, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use an exercise program like those in this report, please follow your doctor's orders.

This program is specifically designed for maximum fat burning, while creating lean muscle, at home (or in the gym with dumbbells and bodyweight exercises. These are NOT easy training programs. But they are extremely effective.

You'll be spending less time working out and getting better results (this assumes you follow a proper nutrition plan). But if you don't want to break a sweat, then losing fat and getting in great shape probably isn't for you.

You can burn more calories and quicken your fat loss by doing shorter sessions at a higher intensity. Long, boring low intensity aerobics sessions in your target heart rate are not the best way to lose fat.

The same goes for building muscle. Forget the people that spend all day in the gym, doing the occasional set and then “resting” for 5 or 10 minutes before the next set.

Not you. You're going to break a sweat, work hard, get results and get out to enjoy your new body and your life!

These training programs allow you to shorten your sessions (no longer can you use the lack of time excuse), while increasing your fat burning progress.

With a much higher level of intensity, the sessions must be shorter than the traditional aerobic sessions that you are used to. The sessions are shorter and you burn more calories, both huge advantages over the typical routines.

That being said, nothing comes without a price. And in this case, just as in most anything, that price is hard work. These programs are very demanding. Unless your current fitness level is pretty high, your initial sessions will be break in routines, designed to get you ready for the real deal.

But don't worry, your performance will improve quickly and dramatically. And you will still get more out of these sessions than you ever got out of those 90 minute (or longer) snooze fests you used to do.

With the exception of some of the beginning exercises at the start of some routines, some of the bodyweight exercises below are based on timed intervals and not reps or weight. This allows you to adjust the routine to your fitness level. If you need to pace yourself on certain exercises you can do so. You do what you're capable of doing for the timed intervals. As you become better conditioned you'll be able to work harder in the given amount of time.

For the initial bodyweight exercises that are done for traditional sets and reps, I've included a range. Everyone's strength is different. With the weighted exercises this is controlled by changing the resistance on the barbells, dumbbells or machines. But a body weight squat is a body weight squat.

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At the end of this report I've also included some variations of exercises such as body weight squats and push ups so you can perform an easier or more difficult version.

Let's take a look at a progression example. Say push ups are called for and it states to do 2 sets of 10 to 20 reps per set. Start with 10 on the first set. If you also get 10 on the second set then try do more (like 12 or 15) on the first set the next workout. If you get 12 and 12 or 15 and 15 try going higher the next workout. Once you can get 2 sets of 20 try adding a third set and work up to 3 sets of 20. Or do a more difficult version of the push up and drop the reps back down to a lower number.

If you're doing any timed workouts like this involving intervals, I highly recommend you purchase the Gymboss Interval Timer. It's the most versatile interval timer I've seen and it's well worth the investment of about \$20. I use it all the time.

If you're serious about working out and home and don't have the space or money for much equipment, I highly recommend you get one piece if you can do so and that's a chin up bar. It's very difficult to work the back without doing some sort of pulling exercise. I've been using the same pull up equipment at home for years. It's very simple to sit in a door frame. No elaborate set up. Really, it takes just seconds to put up and pull down. You can check it out at Amazon.com

The other equipment I would recommend is a sturdy adjustable bench and dumbbells or kettlebells. That's all you really need. It won't cost you much to start and you can expand your collection as needed.

At the end of this report, I've included a list of a few variations of the bodyweight exercises.

You will train three nonconsecutive days per week. On your off days, try and get in at least 30 minutes of low intensity activity such as walking.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	30 minutes light activity	Workout	30 minutes light activity	Workout	30 minutes light activity	Off Enjoy!

Week #1

Workout #1 (Monday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

Push ups can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

A2. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Rest 2 minutes between supersets

Perform A1 and A2 as a superset and perform 2 supersets. It goes one leg, the other leg, one arm with the rows, the next arm with the rows. Rest 2 minutes and repeat.

B1 and B2 and D1 and D2 are also supersets

B1. Dumbbell Bench Press 2 sets of 10-12 reps

B2. DB Stiff Legged Deadlift 2 sets of 10-12 reps

Rest 2 minutes between supersets

C1. Seated DB Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. Standing Dumbbell Curls 2 sets of 10-12 reps

D2. Lying DB Tricep Extensions 2 sets of 10-12 reps

Rest 2 minutes between supersets

You can do Lying DB Tricep Extensions right on the floor

Burpees (without Push Ups or Jump) 20 seconds

Jumping Jacks 20 seconds

Mountain Climbers 20 seconds

Rest 1 minute

Repeat 1 to 4 times

Workout #2 (Wednesday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps
Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)
Jumping Jacks 25 reps
Rest 1 minute and repeat a second time
Rest 2 minutes then start workout

Push Ups 2 sets of 10 to 20 reps per set
 Rest 2 minutes between sets
Hip Thrusts (Short Bridges) 2 sets of 25 to 50 reps
 Rest 2 minutes between sets

Burpees (without push ups) 20 seconds
Plank 20 seconds
Bodyweight Squat 20 seconds
Rest 1 minute
Repeat 2 to 5 times

Workout #3 (Friday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps
Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)
Jumping Jacks 25 reps
Rest 1 minute and repeat a second time
Rest 2 minutes then start workout

Bodyweight Squat 2 sets of 10 to 30 reps per set
 Rest 2 minutes between sets

For the bodyweight squats point your toes out at a 45 degree angle and place your heels only 1 to 3 inches apart. Hold your arms out in front of you and descend slowly. If you don't you'll fall backwards!

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

A2. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)
Rest 2 minutes between supersets

Perform A1 and A2 as a superset and perform 2 supersets. It goes one leg, the other leg, one arm with the rows, the next arm with the rows. Rest 2 minutes and repeat.

B1 and B2 and D1 and D2 are also supersets

B1. Dumbbell Bench Press 2 sets of 10-12 reps
B2. 2 Arm Bent Over DB Row 2 sets of 10-12 reps
Rest 2 minutes between supersets

C1. Seated DB Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. Standing Dumbbell Curls 1 sets of 10-12 reps
D2. Lying DB Tricep Extensions 1 sets of 10-12 reps

Rest 2 to 5 minutes

Box Jumps (12 – 24 inches) 15 seconds (jump up, step down)
Jumping Jacks 15 seconds
Plank 15 seconds
Mountain Climbers 15 seconds
Rest 1 minute
Repeat 2 – 5 times

Week #2

Workout #1 (Monday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

Perform all 4 sets without stopping (2 sets per leg) by alternating legs until finished. For example, left leg, right leg, left leg, right leg. You may get significantly fewer reps on the second set for each leg.

B1. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Perform all 4 sets without stopping (2 sets per arm) by alternating arms until finished. For example, left arm, right arm, left arm, right arm. You may get significantly fewer reps on the second set for each arm.

C1. Dumbbell Bench Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. DB Stiff Legged Deadlift 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

E1. Seated DB Press 2 x 10 – 12 reps
Rest 2 minutes between sets

Run in Place 30 seconds

Plank 30 seconds

Jump Rope (or Jumping Jacks) 30 seconds

Rest 1 to 2 minutes

Repeat 5 to 10 times

Workout #2 (Wednesday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

Push Ups 2 sets of 10 to 20 reps per set

Rest 2 minutes between sets

Hip Thrusts (Short Bridges) 2 sets of 25 to 50 reps

Rest 2 minutes between sets

A1. Standing Dumbbell Curls 2 sets of 10-12 reps

B2. Lying DB Tricep Extensions 2 sets of 10-12 reps

Rest 2 to 5 minutes

Burpees (without Push Ups) 20 seconds

Jumping Jacks 20 seconds

Mountain Climbers 20 seconds

Rest 1 minute

Repeat 3 to 7 times

Workout #3 (Friday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

Perform all 4 sets without stopping (2 sets per leg) by alternating legs until finished. For example, left leg, right leg, left leg, right leg. You may get significantly fewer reps on the second set for each leg.

B1. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Perform all 4 sets without stopping (2 sets per arm) by alternating arms until finished. For example, left arm, right arm, left arm, right arm. You may get significantly fewer reps on the second set for each arm.

C1. Dumbbell Bench Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. DB Stiff Legged Deadlift 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

E1. Seated DB Arnold Press 2 x 10 – 12 reps
Rest 2 minutes between sets

Jump Rope 30 seconds
Side Plank 30 seconds (15 seconds per side)
Mountain Climbers 30 seconds
Jumping Jacks 30 seconds
Reserve Lunge (arms in front) 30 seconds
Rest 2 minutes
Repeat 4 – 6 times

If you don't have a jump rope, do jumping jacks instead (so you'd be doing jumping jacks twice in the sequence).

Week #3

Workout #1 (Monday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps
Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)
Jumping Jacks 25 reps
Rest 1 minute and repeat a second time
Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)
A2. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)
Rest 2 minutes between supersets

Perform A1 and A2 as a superset and perform 2 supersets. It goes one leg, the other leg, one arm with the rows, the next arm with the rows. Rest 2 minutes and repeat.

B1 and B2 and D1 and D2 are also supersets

B1. Dumbbell Bench Press 2 sets of 10-12 reps
B2. DB Stiff Legged Deadlift 2 sets of 10-12 reps
Rest 2 minutes between supersets

C1. Seated DB Arnold Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. Standing Dumbbell Curls 2 sets of 10-12 reps
D2. Lying DB Tricep Extensions 2 sets of 10-12 reps
Rest 2 minutes between supersets

Jump Squat 10 reps
Plank 20 seconds
Burpee (without Push Up or Jump) 10
Repeat 4 to 6 times

Workout #2 (Wednesday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

Push Ups 2 sets of 10 to 20 reps per set

Rest 2 minutes between sets

Hip Thrusts (Short Bridges) 2 sets of 25 to 50 reps

Rest 2 minutes between sets

Burpees (without Push Ups) 20 seconds

Jumping Jacks 20 seconds

Mountain Climbers 20 seconds

Rest 1 minute

Repeat 6 to 12 times

Workout #3 (Friday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

A2. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Rest 2 minutes between supersets

Perform A1 and A2 as a superset and perform 2 supersets. It goes one leg, the other leg, one arm with the rows, the next arm with the rows. Rest 2 minutes and repeat.

B1 and B2 and D1 and D2 are also supersets

B1. Dumbbell Bench Press 2 sets of 10-12 reps

B2. DB Stiff Legged Deadlift 2 sets of 10-12 reps
Rest 2 minutes between supersets

C1. Seated DB Press 1 x 10-12, 1 x failure (only rest 20 seconds between sets)

D1. Standing Dumbbell Curls 2 sets of 10-12 reps

D2. Lying DB Tricep Extensions 2 sets of 10-12 reps
Rest 2 minutes between supersets

Jump Rope 30 seconds

Plank 30 seconds

Mountain Climbers 30 seconds

Jumping Jacks 30 seconds

Reverse Lunge (arms in front) 30 seconds

Rest 2 minutes

Repeat 4 – 6 times

If you don't have a jump rope, do jumping jacks instead (so you'd be doing jumping jacks twice in the sequence).

Week #4

Workout #1 (Monday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps
Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)
Jumping Jacks 25 reps
Rest 1 minute and repeat a second time
Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

Perform all 4 sets without stopping (2 sets per leg) by alternating legs until finished. For example, left leg, right leg, left leg, right leg. You may get significantly fewer reps on the second set for each leg.

B1. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Perform all 4 sets without stopping (2 sets per arm) by alternating arms until finished. For example, left arm, right arm, left arm, right arm. You may get significantly fewer reps on the second set for each arm.

C1. Dumbbell Bench Press 1 x 10-12, 1 x failure, 1 x failure (only rest 20 seconds between sets)

D1. DB Stiff Legged Deadlift 1 x 10-12, 1 x failure, 1 x failure (only rest 20 seconds between sets)

Rest 2 to 5 minutes

Jump Squat 10 reps
Plank 20 seconds
Mountain Climbers 20 reps
Jumping Jacks 10 seconds
Burpee (without Push Ups) 10 reps

Repeat as many times as possible in 12 minutes

Workout #2 (Wednesday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

Burpees (with Push Ups) 20 seconds

Jumping Jacks 20 seconds

Mountain Climbers 20 seconds

Rest 1 minute

Repeat 4 to 8 times

Workout #3 (Friday)

Warm up (To be performed at the beginning of every workout)

Bodyweight Squats 10-12 reps

Pushups 5 reps (can be on your knees. Should be done in a way that gets the blood pumping and the muscles warm, not at a high intensity level)

Jumping Jacks 25 reps

Rest 1 minute and repeat a second time

Rest 2 minutes then start workout

A1. Dumbbell Split Squat 2 sets of 10 to 12 reps per set (per leg)

Perform all 4 sets without stopping (2 sets per leg) by alternating legs until finished. For example, left leg, right leg, left leg, right leg. You may get significantly fewer reps on the second set for each leg.

B1. One Arm Dumbbell Row 2 sets of 10 to 12 reps per set (per arm)

Perform all 4 sets without stopping (2 sets per arm) by alternating arms until finished. For example, left arm, right arm, left arm, right arm. You may get significantly fewer reps on the second set for each arm.

C1. Dumbbell Bicep Curl 1 x 10-12, 1 x failure, 1 x failure (only rest 20 seconds)

between sets)

D1. DB Lying Tricep Extension 1 x 10-12, 1 x failure, 1 x failure (only rest 20 seconds between sets)

Rest 2 to 5 minutes

Jumping Jacks	10 reps
Plank	20 seconds
Bodyweight Squats	10 reps
Spider Man Push Ups	10 reps
Mountain Climbers	20 reps
Reverse Lunges	10 reps
Push Ups	10 reps
Hip Thrusts	5 reps
Side to Side Hops	20 seconds
Jump Rope	20 seconds

Repeat as many times as possible in 20 minutes

Many bodyweight exercises have a lot of variations.

Take the pushup, for example:

- Regular
- Hands close together
- One handed
- Spiderman pushups
- Feet elevated
- Explosive
- Clap
- Etc.

With the bodyweight squat you can:

- Do half squats (just to parallel instead of all the way down)
- Hold on to a table
- Full squats (arms folded across shoulders, arms up in a “Y”, arms out in front, arms on head [prisoner squats], etc.)
- Close squats (heels together or no more than an inch apart, arms out in front [or you'll fall over])
- Uneven squats (one foot resting on a ball like a basketball)
- One legged half squats

- One legged full squats
- Etc.

I think you get the point. If you really enjoy these types of challenging workouts you can do at home (or anywhere, for that matter) I urge you to keep opening our emails as we'll continually send you fresh, challenging workouts.